

What's the best way to lower triglycerides? (Information from Mayo Clinic)

Healthy lifestyle choices are the key.

- **Lose excess pounds.** If you're overweight, losing the excess pounds can help lower your triglycerides. Motivate yourself by focusing on the benefits of losing weight, such as more energy and improved health.
- **Cut back on calories.** Remember that excess calories are converted to triglycerides and stored as fat. Reducing your calories will reduce triglycerides.
- **Avoid sugary and refined foods.** Simple carbohydrates, such as sugar and foods made with white flour, can cause a sudden increase in insulin production. This can increase triglycerides.
- **Limit the cholesterol in your diet.** Aim for no more than 300 milligrams (mg) of cholesterol a day — or less than 200 mg if you have heart disease. Avoid the most concentrated sources of cholesterol, including meats high in saturated fat, egg yolks and whole milk products.
- **Choose healthier fats.** Trade saturated fat for healthier monounsaturated fat, found in olive, peanut and canola oils. Substitute fish high in omega-3 fatty acids — such as mackerel and salmon — for red meat.
- **Eliminate trans fat.** Trans fat can be found in fried foods and many commercial baked products, such as cookies, crackers and snack cakes. But don't rely on packages that are labeled "trans fat-free." In the United States, if a food contains less than 0.5 grams of trans fat per serving, it can be labeled trans fat-free. Even though those amounts seem small, they can add up quickly if you eat a lot of foods containing small amounts of trans fat. Instead, read the ingredients list. You can tell that a food has trans fat in it if it contains partially hydrogenated oil.
- **Avoid alcoholic beverages.** Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. Even small amounts of alcohol can raise triglyceride levels.
- **Exercise regularly.** Aim for at least 30 minutes of physical activity on most or all days of the week. Regular exercise can boost "good" cholesterol while lowering "bad" cholesterol and triglycerides. Take a brisk daily walk, swim laps or join an exercise group. If you don't have time to exercise for 30 minutes, try squeezing it in 10 minutes at a time. Take a short walk, climb the stairs at work, or try some sit-ups or push-ups as you watch television.

It's also important to control diabetes and high blood pressure if you have high triglycerides and those conditions.

[More information from the American Heart Association...](#)